

# Brown Rice Sweet Noodle Kugelettes

Recipe By *Brynie Greisman*



Cooking and Prep:  45  
m

Serves:  14

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Rosh Hashanah,  
Yom Kippur

**Diet:** Vegetarian, Gluten Free,  
Sugar Free, Pescetarian, Low  
Fat

**Source:** Family Table by  
Mishpacha Magazine

**Cuisines:** Ashkenazi

Brown rice pasta is similar in taste to standard white pasta. However, it has more fiber and protein which keeps you fuller longer, plus it's gluten free. When this kugel is baked, it looks almost identical to regular sweet lukshen kugel as the cinnamon gives it a brownish hue. Don't spill the beans to your family. For me, it was love at first bite. Yes, it's more expensive, but what don't we do for the children? And, may I add, for ourselves!

## Ingredients (8)

### Main ingredients

8–10 ounces (250 grams) brown rice spaghetti

4 eggs

- 1/4 cup real maple syrup such as [Gefen Pure Maple Syrup](#)
  - 1/2 cup raisins, optional (soaked in warm water or apple juice to soften, and then drained)
  - 1 cup [Gefen Applesauce](#)
  - 1 teaspoon cinnamon
  - 1 teaspoon [Gefen Vanilla Extract](#)
  - 1/2 teaspoon salt, optional
- 

## Start Cooking

### To Make the Kugel

1. Cook spaghetti according to instructions on the bag — approximately 4–5 minutes. Drain and don't rinse.
2. Add the rest of the ingredients and mix together well.
3. Pour into two 8- or 9-inch (20- or 23-centimeter) round pans, lined with Gefen Easy Baking Parchment Paper, or 22-28 lightly-greased mini muffin tins. Bake at 350°F (180°C) for half an hour.
4. Cool before slicing or popping out of muffin tins.
5. If you like a very crispy kugel, bake for 10 minutes more.

#### Tip:

If some members of your family fancy raisins and others don't, do what my mother-in-law does. She puts raisins in half the kugel and leaves the other half plain. Simple, yet brilliant, solution!